Quit Today!

The American Cancer Society (ACS), Virginia Division is boning up for another big celebration when some 44,000 Virginians give up smoking permanently on November 18.

The occasion is the 6th annual Great American Smokeout (GAS), a well-deserved holiday for smokers in the Commonwealth and across the nation who will try to go 24 hours without cigarettes. The Society estimates some 595,000 smokers here will make an attempt to quit and that as a result 44,000 will give up the habit permanently. The figures are based on 1980 and '81 Gallup Smokeout studies of smokers were still off cigarettes 11 months later. The studies also show the success rate for quitting to be six times higher in conjunction with the Smokeout than at other times.

As part of the light-hearted, but serious anti-smoking effort, the Society has been offering the official "Larry Hagman Stop Smokin' Wrist Snappin' Red Rubber Band". Hagman, J. R. Ewing or TV's "Dallas" series, serves a second year as the ACS national Great American Smokeout chairman. Hagman is a reformed, two pack-a-day smoker.

The Virginia Division, ACS, says that response to the rubber band idea has far exceeded their expectations. The idea of a Michigan woman who quit smoking last year, the wrist band is snapped whenever the wearer is tempted to reach for a cigarette. The demand, in fact, led the Society's state office on a 12-state hunt for the plain red ruber bands which were finally located in Massachusetts. The Plymouth Rubber Company donated about 10,000 bands to the organization after a search of office supply companies and other ACS divisions in the Southeast could offer no help.

To further inspire would be quitters to go cold turkey—the most successful way to stop smoking, say ACS officials—local branches and Society volunteers throughout Virginia have scheduled school and community activities leading up to the Smokeout, and are furnishing extra help with quit-smoking clinics.

At the University of Virginia in Charlottesville, the Pi Kappa Alpha fraternity is staging a mock funeral and cross-campus procession for the cigarette. In Richmond, Wally the Frog, an aquatic creature concerned about the smoking habits of warm-blooded animals, will visit the downtown area and local malls delivering the message that "To keep on croaking, stop smoking." In Newport News, Mayor Joseph Ritchie will be under close scrutiny as city voters hold the Mayor to a promise that he'll quit smoking Smokeout Day. In Norfolk, 300 professional clowns are advising youth and adults not to "...clown around with cigarettes." 20,000 school-age children in Tidewater are competing in a related coloring contest sponsored by Rices-Nachmans Department Store. Portsmouth disc jockey Dan Alexander of WNVZ Radio (Z-104) will use hypnosis on air in an effort to end his 7 cigar-a-day habit.

Elsewhere hundreds of schools, hospitals, and businesses are planning special GAS programs and other activities such as cold turkey lunches, smoking clinics, lung capacity tests, even marathon races.

The Society's Virginia Division will again provide a toll-free hotline for smokers needing encouragement and tips on quitting. The hotline number (1-800-552-7996; in Richmond, 359-0208) will operate from 6 a.m. to 11 p.m. on November 18. ACS volunteers, many of whom are former smokers, will man the phone lines.

The Society here estimates that by promoting prevention and early detection techniques through cancer education in the workplace, Virginia business and industry can save some $214 million annually in lost earnings, health care costs, job training, and related expenses. Lung cancer, which is the leading cause of death among men and second among women, accounts for $38 million in direct and indirect costs. Not included in the figures are millions more dollars lost as the result of careless smoking and fires.

With the number of adult smokers continuing to drop, along with tobacco consumption in the U.S., the Society said it is placing particular emphasis on the smoking problem among elementary school age youth. The ACS cites a recent Purdue University study that revealed a surprisingly large number of confirmed smokers and even ex-smokers at the seventh-grade level.

Conducted in cooperation with the Indiana State Board of Health, the study of 2,400 seventh-graders in four Indiana counties indicated that 14.7 percent were already smokers (8.1%) or ex-smokers (6.6%).

Equally disturbing was their overwhelming preference for high tar, high nicotine cigarettes. Student smokers in the study, unlike non-smokers, tended to view smoking as "adult" or "sexy". Purdue health-education Professor Roger Seehofer, who conducted the survey, commented that "kids this age don't have many ways to express their adultness." He theorizes that they (study participants) identify with typical high tar, nicotine ads portraying an independent, rugged individual.

Although 52 million Americans continue to smoke, the number of people who have quit has increased over the years. Currently, there are 33 million ex-smokers.

Reasons to join this group the Society says are abundant. Topping the list: smoking is directly related to 80 percent of all lung cancers; cigarette smoking has been implicated in cancers of the mouth, esophagus, larynx, pharynx, bladder, kidney, and pancreas.

BIG NEWS!!
Melanie McDaniel
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Melanie

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18 lbs. & UP GRADE 'A' TURKEYS 69¢ lb.

ALL SIZES...SWIFT'S BUTTERBALL TURKEYS lb. 99¢

BEALE'S Whole SMOKED HAMS lb. $1.19

Meat Bargains...

RICHFOOD WHOLE Smoked HAMS lb. $1.39
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18 lbs. & UP...RICHFOOD Self-Basting TURKEYS lb. 79¢
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5 VARS. ... KAHN'S Lunch MEATS 8oz. PKG. $1.19

Turkey-time is just around the corner!

KAHN'S Meat WIENERS ..... 1-lb PKG. $1.69
KAHN'S Beef WIENERS ..... 1-lb PKG. $1.79
HILLSHIRE FARMS Smoked or Polish SAUSAGE ..... lb. $2.29

MRS. FILBERT'S GOLDEN... MARGARINE QUARTERS 2 1-lb PKGS. 89¢

RICHFOOD SLICED BACON 1-lb. PKG. $1.69
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WE SELL.. "Exclusively GRADE 'A' TURKEYS!"

MT. DEW, SUNKIST or PEPSI Diet + Regular 2 PT. BOTS. $1.19 (PLUS DEPOSIT)
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ALL FLAVORS...BREYER'S ICE CREAM ½ GAL. $1.99

PET RITZ FROZEN Pie SHELLS PKG. 2's 69¢

Frozen Food & Dairy Bargains...

KRAFT CRACKER BARREL CHEESE ... •SHARP •EX. SHARP 10oz. PKG. $1.79
New! KRAFT DAIRY WHIPPED TOPPING LA CREME ... 9oz. CONT. 89¢
FROZEN HANOVER MIXED VEGETABLES ... 16oz. POLY BAG 79¢
New! ALDEN FROZEN Dinner ROLLS ... 15oz. PKG. 59¢
PET RITZ DEEP DISH PIE SHELLS ... PKG. 2's 99¢
RICHFOOD EGGS GRADE 'A' LARGE ... DOZ. 69¢
PET RITZ PUMPKIN CUSTARD (lb.89) or Mince PIE ... 26oz. PKG. $1.49
TROPIC ISLE COCONUT ... 2 6oz. CONTS. $1.00
SHEDD'S SOFT MARGARINE ... 3-lb TUB $1.59
KRAFT PHILADELPHIA Cream CHEESE ... 8oz. PKG. 79¢
GREEN GIANT NIBBLERS ... PKG. 6's 99¢

ASST. BETTY CROCKER Ready to Spread FROSTINGS 16½oz. CAN $1.39
DOMINO 10-X, LIGHT or DARK BROWN SUGAR 2 1-lb PKG. 99¢
WASHINGTON All Purpose FLOUR 5-lb BAG 69¢
DUFF'S Hot Roll MIX 14½oz. PKG. 63¢
LIBBY'S PUMPKIN PIE MIX 30oz. CAN $1.09
LIBBY'S SOLID PACK PUMPKIN 29oz. CAN 99¢
POWHATAN YAMS... Sweet... POTATOES 29oz. CAN 89¢
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ASST. STOVE TOP STUFFING 6oz. PKG. 89¢
RICHFOOD MACARONI & CHEESE 4 7¼oz. PKGS. $1.00
SAVE... ROYAL GELATIN 3 3oz. PKGS. 89¢
RICHFOOD Apple SAUCE 3 1-lb CANS $1.00
RICHFOOD Sliced PEACHES 1-lb. CAN 59¢
RICHFOOD Chocolate CHIPS 12oz. PKG. $1.49
CORONET Paper TOWELS JUMBO ROLL 69¢

LIMIT 1 W/$10.00 PURCH CRISCO SHORTENING 3-lb TIN $1.99
KRAFT MINIATURE MARSHMALLOWS ... 3 6½oz. PKGS. $1.00
CORONET BATH TISSUE ... PKG. 4's 99¢
NABISCO PREMIUM SALTINE CRACKERS ... 1-lb. PKG. 79¢
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TURKEY SIZE...REYNOLDS BROWN 'N' BAGS PKG. 24 89¢
RICHFOOD Heavy Duty Aluminum FOIL 37½ FT. ROLL 99¢
MAXWELL HOUSE Instant COFFEE 10oz. JAR $3.99
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DEL-MONTE Sale...
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RICHFOOD Whole or Jellied CRANBERRY SAUCE 2 1-lb CANS 89¢

DANDY OYSTER CRACKERS ... 1-lb PKG. $1.19
FIRESIDE FIG BARS ... 2-lb PKG. $1.49
For Dishes... IVORY LIQUID ... 22oz. BOT. $1.09
DOWNY FABRIC SOFTENER ... 33oz. BOT. 99¢
LIPTON TEA BAGS ... PKGS. 100's $1.99

DON'T FORGET... WE'RE CLOSED Thanksgiving Day.

Fresh Produce Buys...
RED GRAPES ... lb 59¢
LARGE FRESH COCONUTS ... EA. 49¢
All Purpose YELLOW ONIONS ... 3-lb BAG 39¢

SAVE ON... Mrs. Filbert's MAYONNAISE QT. JAR 99¢

• FLORIDA ORANGES ...4-lb. BAG
• CRISP CELERY ... 2 STALKS
• U.S. #1 SWEET POTATOES ... 3 POUNDS
• RED DELICIOUS APPLES ... 3-lb. BAG
• RED or GOLDEN Delicious APPLES ... 3 POUNDS
Only ... 99¢

12oz. PKG. FRESH CRANBERRIES 79¢

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Child restraint law is planned

Virginia's "child restrait" law pertaining to the transport of children under four years of age in certain motor vehicles goes into effect January 1, 1983, and the Department of State Police has approved several types of restraints.

In releasing a list of approved child restraints, Colonel D. M. Slane, State Police Superintendent, noted that several other restraints were under study and may be added to the approved list prior to January 1.

The law passed by the 1982 General Assembly provides that any parent or legal guardian who drives a Virginia-registered motor vehicle manufactured subsequent to January 1, 1968 shall ensure that his or her ward under the age of four is provided with and properly secured in a child restraint device of a type approved by the Superintendent of State Police. However, children who are under four years of age but who weigh more than 40 pounds may be secured in the standard automobile seat belt.

Another exception provides that certain children may be exempt from the law's provisions should a physician licensed to practice medicine in Virginia determine that the use of a child restraint system by a particular child would be impractical by reason of the child's weight, physical unfitness, or other medical reasons. A driver transporting a child so exempted would need to carry a signed written statement of the physician identifying the child and explaining the circumstances.

For those parents or legal guardians who cannot afford to purchase an approved child restraint device, the law provides that they may make application to the Department of Transportation Safety which will review the application. If that department finds that the applicant is unable to acquire a child restraint because of financial inability, it shall loan the applicant a device for as long as he or she has a need to transport children.

Drivers violating Virginia's child restraint law and convicted are subject to a civil penalty in the amount of $25 or, if applicable in instances where the child is exempted by a physician but a signed statement is not available, $10.

The law does not apply to children being transported in a vehicle having an interior design which makes the use of such a child restraint impractical or in a situation where the number of persons occupying the vehicle at the time make the use of the device impractical. It also does not apply to those children being transported by public transportaton, bus, school bus, or farm vehicle.

Child restraint devices which have been approved by the Superintendent of State Police at this time are:

INFANTS

DYNO -Mite-Model 441 manufactured by Questor Juvenile Furniture; Century- Infant Love Seat-Model 4500 by Century PRODUCTS; First Ride-Model 02582-A by COSCO-PETERSON; and Ford Infant Love Seat-Part #E1AJ-19A210-BA by Hamill Manufacturing Co., Division of Firestone Co.

INFANTS AND TODDLERS

One Step-Model 401 (Kantwet) manufactured by Questor Juvenile Furniture; Two in One Design-Kantwet-Model 989 by Questor Juvenile Furniture; Teddy Tot-Astro Seat-Model 9100A by International Mfg. Co.; Strolee-Wee Care-Models 598V & 597 by "Strolee" of California; Century 200-Model 4200 by Century Products; Century 300-Model 4300 by Century Products; Century 100-Model 4100 by Century Products; Safe-T-Shield-Model 81A by COSCO-PETERSON; Safe & Snug-Model 02323-A by COSCO-PETERSON; Safe & Easy-Model 02313-B by COSCO-PETERSON; Safe-T-Seat- Model 78A by COSCO-PETERSON; Kolcraft-Hi-Rider-Model 19036C by Kolcraft Products Inc.; Travel Tot-Models 989-1 & 987 by Welsh Co.; Littler Travler Seat-Model 3107 by Graco Metal Products; Little Travler Seat-Model 315T by Graco Metal Products; Bobby-Mac Deluxe II by Bobby-Mac Co., Inc.; Bobby-Mac Super Car by Bobby-Mac Co., Inc.; and Bobby-Mac Champion (Also Bobby-Mac Champion 3-in-1) by Bobby-Mac Co., Inc.

TODDLERS

Wee Care-Model 595 manufactured by "Strolee" of California; Century-Safe-T Ride Model 4760 by Century Products; Century-Safe-T Rider-Model 478W & 4770 (Booster) by Century Products; Century-Child Love Seat-Model 4600 by Century Products and Kolcraft-Tot-Rider-Model 19230 by Kolcraft Products, Inc.

DEPARTMENT OF HIGHWAYS & TRANSPORTATION
BIDDING FOR RODENT CONTROL MEASURES

Sealed bids will be received at the Lynchburg District Office of the Virginia Department of Highways and Transportation in Lynchburg, Virginia, until, but not later than 10:00 A.M. on Friday, December 17, 1982, and publicly opened and read for furnishing the following services and materials.

Rodent Control Measures in accordance with the specifications covering the area of the entire Lynchburg District of the Virginia Department of Highways and Transportation including the counties of Amherst, Appomattox, Buckingham Campbell, Charlotte, Cumberland, Halifax, Nelson Prittsylvania, and Prince Edward, for the period beginning, January 1, 1983 and ending December 31, 1983.

Single Application -(A unit is defined as any single structure designated to be treated.)

$_____/per unit for baiting for rodents.

$_____/per unit for baiting for rodents.
* dusting for ectoparasites.

Submit the bid in triplicate on official, bidding proposal forms and attach a Certificate of Insurance. For further information or for bidding proposal forms, contact Mr. R. N. Power at the Virginia Department of Highways and Transportation, Post Office Box 11649, Lynchburg, Virginia 24506, or telephone (804) 528-6545.

Employees of the Virginia Department of Highways and Transportation are not eligible

F. T. Ansley
District Right of Way Engineer
Dept. of Highways & Transportation
Post Office Box 11649
Lynchburg, Virginia 24506

NOV